



# RELATIONSHIP BETWEEN STUDY HABITS AND ACADEMIC ACHIEVEMENT IN HIGH SCHOOL STUDENTS OF ASSAM

Mridusmita Talukdar<sup>1</sup>, Dr. Jyoti Rani Borah<sup>2</sup>

<sup>1</sup> Research Scholar, Mahapurusha Srimanta Sankardeva Viswavidyalaya, Nagaon

<sup>2</sup> Professor, Department of Education, MSSV, Nagaon

## ABSTRACT

In order to foster good study habits, education, and a sense of security, parents should exercise caution. Children will readily receive appropriate attention if healthy family relationships are maintained. Additionally, this will assist the students in properly developing their personalities, which will significantly aid them in achieving their academic goals. The primary goal of the study is to determine the academic accomplishment level of high school pupils and the role that study habits play in achieving academic success.

**KEYWORDS:** Academic Achievement, Study Habits, High School Students

## 1. INTRODUCTION

### 1.1 Background of the Study:

One of the most significant changes and useful tools for nation-building is education. It has a close connection to many facets of human existence and the environment. It is the secret to solving all of life's issues. Through this process, the society consciously passes on its cultural heritage, collected knowledge, values, and abilities from one generation to another. It is intended to truly make one's life more civilized, cultured, and forward-thinking. In all spheres of growth, education has influenced the fate of societies. In actuality, without education, no human can live a healthy life. It allows one to make the most use of their potential. It is therefore seen as a potent tool for enacting any kind of change. Through education, one acquires all the abilities required to make a lasting impact in any sector. It makes it easier to bring out the best in one's mind and spirit. It fosters the development of rational, imaginative, constructive, right-thinking, intelligent, independent, and value-creating traits.

The world is becoming more and more competitive today, and the most important factor for personal progress is the quality of performance. In our society, academic success is regarded as a crucial criterion to assess an individual's personal development by assessing or determining their full range of potentialities and capacities. Academic excellence in particular, as well as excellence in all other areas, has been viewed as a crucial component. Developing pupils by giving them the right conditions to achieve the highest levels of academic accomplishment is one of education's primary goals. Academic success actually has a central position in the field of education and is regarded as the best motivator for personal growth. A multitude of socio-ecological facts, such as the students' attendance in class, family history, the education of the mother and father, the teacher-student ratio, the presence of a trained teacher in the school, the student's sex, and the distance from the school, influence the kids' academic performance. It has also been observed that a student's study habits, self-perception,

and emotional intelligence all have a significant role in their academic success.

### 1.2 Statement of the Topic:

The present study is entitled as "Relationship between Study Habits and Academic Achievement in High School Students of Assam."

### 1.3 Delimitation of the Study:

The study undertaken by the investigator has the following delimitations:

- The study is confined to the high school students only.
- The study is confined to the Nalbari District only.
- This study includes only male and female students.
- This study includes only the govt. and provincialized high schools.
- This study includes only the students of Assamese medium school.
- This study is delimited only to the students from SEBA board only.
- This study includes only the school going students.

### 1.4 Objectives of the Study:

- To study the level of academic achievement of the high school students of Nalbari District of Assam.
- To study the level of study habits of the high school students of Nalbari District of Assam.
- To study the impact of study habits on academic achievement the of the high school students of Nalbari District of Assam.

### 1.5 Research Questions of the Study:

- What is the level of academic achievement of the high school students of Nalbari District of Assam?
- What is the level of study habits of the high school students of Nalbari District of Assam?

### 1.6 Operational Definitions:

- **Study Habit:** Study habits: Study habits are one of the main considerations affecting scholastic accomplishment of the understudies. Therapists and Educationists accept that great examination propensities are the door of information and learning.
- **Academic Achievement:** Academic achievement is usually measured by examinations or continuous formative and summative assessment but there is no significant agreements on how it is best tested or which aspects are most important procedural knowledge such as skills or declarative knowledge such as facts.
- **High School Students:** A high school student refers to a student enrolled in a secondary education.

## 2. METHODOLOGY

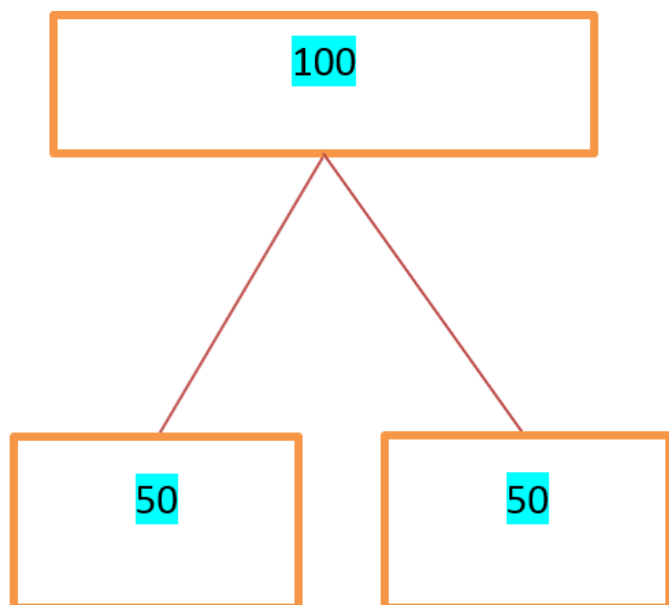
In this study, the investigators have used descriptive survey method to conduct the present study which involves both qualitative and quantitative method.

### 2.1 Population:

In this study, the population was all the students of government high school of Nalbari District of Assam.

### 2.2 Sample:

In this study, the investigators have used simple random sampling technique for selecting the sample. A sample of 100 students is selected for this study.



### 2.3 Tool Used:

The investigator has used one self-made tool related to the study habits of the high school students which has been developed based on the earlier studies conducted by various researchers. The researcher has also prepared one General Information Schedule for collecting their marks of their annual exam.

### 2.4 Statistical Techniques Used:

In this present study, the investigator has used percentage to obtain the result.

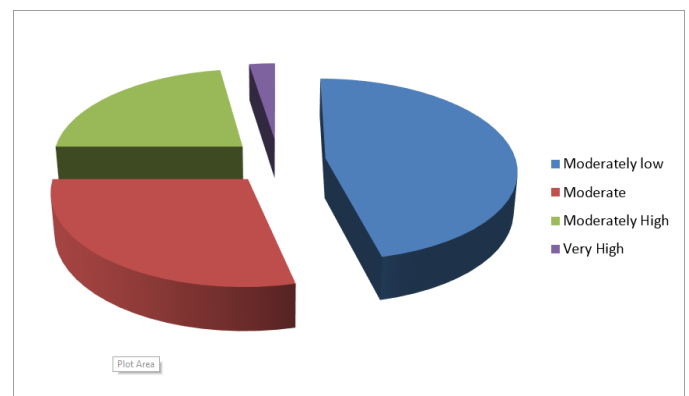
## 3. ANALYSIS AND INTERPRETATION

**Objective 1:** “To study the level of academic achievement of the high school students of Nalbari District of Assam.

Level of Academic Students	No. of Students	Percentage of Students
Very low	20	20
Moderately low	37	37
Moderate	23	23
Moderately High	18	18
Very High	2	2

**Table No 1: Level of Academic Achievement of the High School Students**

The above Table No. 1 shows the level of academic achievement among the high school students. The statistical data reveals that 20 % of the high students have very low level of academic achievement, 37% of the high school students have moderate level of academic achievement, 23 % of the high school students have moderate level of academic achievement, 18% of the high school students have moderately high level of academic achievement and 2 % of the high school students have very high level of academic achievement. The following graph represents the level of academic achievement of the high school students:



**Figure No 1: Level of Academic Achievement of the High School Students**

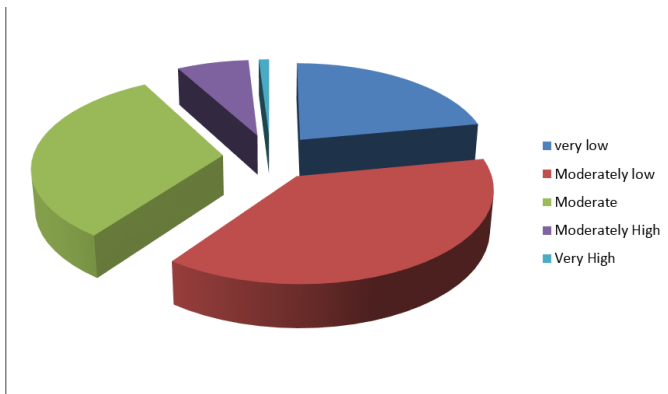
**Objective 2:** “To study the relationship between the level of academic achievement and the study habits of the high school students.”

Level of Academic Students	No. of Students	Percentage of Students
Very low	22	22
Moderately low	38	38
Moderate	32	32
Moderately High	7	7
Very High	1	1

**Table No. 2: Level of the Study habits among the High School Students**

The above Table No. 2 shows the level of study habits among

the high school students. The statistical data reveals that 22 % of the high students have very low level of academic achievement, 38% of the high school students have moderate level of academic achievement, 32 % of the high school students have moderate level of academic achievement, 7 % of the high school students have moderately high level of academic achievement and 1 % of the high school students have very high level of academic achievement. The following graph represents the level of study habits among the high school students:



**Figure No. 2: Level of Study Habits among the High School Students**

**Objective No. 3: “To study the impact of study habits on academic achievement the of the high school students of Nalbari District of Assam.”**

It has been observed by the researcher that there is a very strong relationship between the level of academic achievement and study habits of the high school students. The students having a good level of study habits are always found with a higher level of academic achievement. Again in turn, it has also been observed by the researcher that students with very low level of study habits are always found to have moderately low or very low level of academic achievement. The researcher has not found a single case where academic achievement is very low but he or she has a very high level of study habits. It is found that study habit has a great role to play in developing the academic achievement of the high school students.

#### 4. FINDINGS OF THE STUDY

The following findings were drawn on the basis of analysis and interpretation of the data:

- Most of the students have moderately low level of academic achievement.
- Very few students have very low level of academic achievement.
- Majority of the high school students have moderately low level of study habits.
- Only 1 student has very high level of study habits.

#### 5. CONCLUSION

In conclusion it is found that students' academic achievement is highly influenced by their level of study level. Students who have a very high level of study level they always have a higher chance of having high level of academic achievement. Student's having lower level of study habits always have lower level of academic achievement. So, it is very much needed

for the parents to try to develop a constructive study habits among the high school students which influence the academic achievement to a great extent.

#### REFERENCES

1. Aggarwal, J. (2004). Theory and Principles of Educational, Philosophical and Sociological Bases of Education (12 th ed.). New Delhi: Vikas Publishing House Pvt. Ltd. Press.
2. Baharudin, R., & Luster, T. (1998). Factors Related to the Quality of the Home Environment and Children's Achievement. 19(4).
3. Chauhan, S. (2002). A Study of Family Relationship in Relation to Study Hbita and Academic Achievement. Ph.D., Bundelkhand University, Education.
4. Ghosh, S. (1980). The Effect of Counselling on the Study Habits and Achievement of the Aeacher Trainees. Ph.D., University of Madras, Department of Adult and Continuing Education.
5. Hurlock, E. B. (2011). Child Development (Sixth ed.). Tata McGraw-Hill.
6. Mangal, S. (2009). Advanced ERducational Psychology (Second ed.). New Delhi: PHI Learning Private Limited.
7. Saikia, D. M. (2015). Developmental Psychology. Guwahati: Mani Manik Prakash.
8. Sangma, N. M. (2013). A Study on Educational and Occupational Aspirations of Secondary School Students in Relation to Socio-Economic Status in Garo Hills. Ph. D. Thesis, North Eastern Hill University, Education.
9. Sarmah, C. (2012). Personality Patterns Value Preferences And Academic Achievement of the Secondary School Students Among Deories in Assam. Ph.D. Thesis, Assam University .